

# 'Freedom walker' wins ticket back home

By Ignacio "Iggy" Rubalcava

U.S. Army Garrison Baumholder Public Affairs Office

When she walked into the Hall of Champions Angela Weydemuller never expected to walk out as the winner of a free trip to the United States, courtesy of Military Travel International.

Weydemuller is participating in Operation Walk 4 Freedom, a program sponsored by MTI and implemented by the Health Promotion Coordinator who works for the Center for Health Promotion and Preventative Medicine-Europe.



Angela Weydemuller

A round-trip ticket to the U.S. is offered by MTI to one OWF participant from each of

the four installations in U.S. Army Garrison Hessen. To qualify for the drawing, participants must have been registered and must have attended a midterm fitness assessment at the six-month point.

The prize and midterm assessment is designed to motivate individuals to maintain participation in the program. Weydemuller is Baumholder's midterm drawing winner.

A second drawing for four more tickets holds the same qualification requirements except the mandatory fitness assessment is scheduled at the end of the one-year term.

OWF is a year long program.

The objective is to increase morale during deployment by involving participants in more physical activity. Participants are encouraged to "Walk" the distance to Iraq or Afghanistan and back. The distances are approximately 4,000 miles and 6,400 miles respectively.

Participants are given a fitness assessment upon enrollment and a means to log their daily steps via a log book or by going online to [Americaonthemove.org](http://Americaonthemove.org).

"Angela came in for her midterm fitness assessment at the Hall of Champions during the final week of March," said Dr. Cathy B. Douglas, Health Pro-

motion Coordinator. This qualified her for the midterm drawing. "When I called Angela to let her know the good news—that she was selected, she said, 'you made my day. My husband deploys today and I could really use this now. This helps a lot. Thank you,'" said Douglas.

After reaching the midway point and winning the free ride to the states, Weydemuller is not giving up because there's more to OWF than walking and winning a plane ticket to the States. "We're still walking. We're walking until the guys come home," said Weydemuller.

# Mom with triplets gets help from neighbors, unit

By Ignacio "Iggy" Rubalcava

U.S. Army Garrison Baumholder Public Affairs Office

Angela Weydemuller has a problem. She recently won a free trip to the United States, courtesy of Military Travel International but with her husband deployed, her problem is figuring out how she is going to travel with her 10-month-old triplets to southern California and back.

The MTI ***"They took it upon themselves to come and help me now that he's deployed, which has been wonderful. They've just started but they've been really great."***

travel agent admitted she had never arranged for such travel so arranging for Weydemuller and her triplets to fly would take a little time. "It's not like it's illegal or anything. She just hasn't booked such a flight and needs to research if there are specific requirements, such as paying for assistance or additional seating," said Weydemuller.

Fortunately Weydemuller does not have to worry about going at it alone with her triplets Kieran, Haydan and Pressley because the spirit of helping your neighbor is alive and well in Baumholder and help is just a doorbell away.

"My neighbor from across the hall, Jessica Stelz Ramos, has been a colossal help, even

when I was pregnant. I couldn't have survived without her," said Weydemuller.

Ramos often watches the triplets when Weydemuller needs to make a commissary run so that she does not have to drag the triplet stroller with her. Ramos is actually an extra pair of arms for Weydemuller. She feeds them, baby sits them, helps dress and change them and rocks them to sleep when they're a little cranky. "She's actually like their second mother and does everything I do with them," said Weydemuller.

Other neighbors who have helped Weydemuller with the triplets are Jennifer Zahn and Tina Jamison.

"Just recently ladies from my husband's unit, since he's deployed, have been very helpful," said Weydemuller. Her husband is Sgt. Patrick Weydemuller, a member of Headquarters, Headquarters, Company, 2nd Battalion, 6th Infantry Regiment. "They took it upon themselves to come and help me now that he's deployed, which has been wonderful. They've just started but they've been really great," said Weydemuller.



Photo by Ignacio "Iggy" Rubalcava

Angela Weydemuller, left, gets a little assistance with her triplets from Dr. Cathy Douglas, health promotion coordinator and Lt. Col. James E. Larsen, U.S. Army Garrison Baumholder commander.

"I think it's a wonderful thing when people just take it upon themselves to come and help," she said. Angel Nuñez, Diana Klausner, Angela Ganaway and Angela Kobelt have gone as far as setting a schedule to assist Weydemuller with things like bath days, feeding, etc. "They've just started that since he's left, which is really lovely, so I'm actually getting support from the unit. These four ladies have just been wonderful. They are all wonderful. They took it upon themselves to come help me while he's deployed," said

Weydemuller.

Weydemuller added that ever since the children were born the ladies from her husband's unit offered to help but she did not want to turn their own schedules upside down.

"I was being kind of like oh, you know, you've got your own family you don't need to burden yourself with me," she said.

"I think it's really amazing when you've got people in the community who are willing to help, not just with their hands but their time because triplets

are a daunting task. In a military community, everybody has family, everybody has children. Everybody's busy, everybody is, you know, alone without their spouses and for them to take the time to come and help, I think is wonderful, really wonderful.

"They don't have to do it. A lot of people won't do it but think it's amazing that these ladies and my neighbors, out of the kindness of their own hearts, want to come and help me and keep me from going insane," said Weydemuller.

# Smith students present Lovin' Kindness

By **Kelsy Husted**  
U.S. Army Garrison  
Baumholder Public Affairs  
Office

Smith Elementary School's chorus presented the musical production, "Lovin' Kindness" May 16. The musical production, composed by Michael and Jill Gallina, addressed social issues facing today's youth and reinforced the importance of instilling kindness in relationships.

"The musical provided messages for bolstering self-esteem and a caring spirit in youth," said Karen Jones, Smith Elementary second-grade teacher.

Laced together by a group of rhyming rappers, eight songs presented a positive message in a unique way.

"This performance, 'Lovin' Kindness,' was reflective of Smith Elementary's character traits of caring, kindness, trustworthiness, respect, fairness, citizenship, responsibility, compassion, honesty, self-disci-

pline and integrity — an absolutely, stupendous performance by Smith's students under the direction of Mrs. Alice Fozard," said Lois Glenn, Smith Elementary assistant principal.

"The Smith Elementary chorus worked long and hard to offer a super performance for the entire student body. Ms. Fozard and the chorus are to be commended for the hard work and the excellent show," said Bill Rose, Smith Elementary principal.

Twenty-eight chorus members were chosen during a one-day audition held in the school's gym. They ranged from kindergartners to sixth-graders. Members rehearsed diligently for two months in preparation. The school's faculty members, parents and community assisted in design and set up of stage props.

A rock tune, "New Kids in Town," and the ballad, "Nobody Plays with Johnny," addressed the issue of accepting others. The rollicking '50s-style



Photo by Kelsy Husted

Children from Smith Elementary School wave signs and sing out their message during a performance of Lovin' Kindness, a play that addresses the social issues facing youth today.

"Send a Card" provided a lesson in showing courtesy to others. "Feelings Are Just Feelings" dealt with children's self-esteem, and the rap song, "The Sometimes Letter," expressed working and caring for others.

The chorus also focused on

deployment issues concerning the students. Audience members were encouraged to write a letter to any deployed soldier.

"I am extremely proud of the outstanding performance given by Smith Elementary. The chorus is an after-school activity

which met two hours per week for eight weeks. The children prevailed even though there were many obstacles of R&R, medical appointments and sporting activities," said Alice Fozard, Smith Elementary music teacher.

## War zone stress can extend off the battlefield

By **Richard Thompson, LCSW**  
Social Work Care Manager  
Deployment Cycle Support  
Program

Deployments in a war-zone situation create a biological response that is relatively natural and healthy. Stress hormones are elevated that serve to protect by aiding the service member to be alert and ready. Cortisol and adrenaline levels are increased so that service members can respond quickly and aggressively to signs of danger. These stress hormones are not unique to the war-zone, but essentially protect and increase survival rates in many types of dangerous situations.

Redeployment after months in the war zone creates a period of readjustment. War-zone stress reactions will likely carry over to life at home for a period of time. These stress reactions are normal and should be expected. Symptoms include increased alertness, jumpiness, restlessness, irritability, sleep disturbance, and difficulty con-

centrating. These reactions are primarily biological and have nothing to do with personal weakness or a lack of coping skills. These hormones can effect changes in the brain's chemistry. Service members and their loved ones can assist in monitoring these symptoms. Symptoms will likely decrease during the adjustment period without any intervention. Others may need some assistance in managing symptoms that persist and interfere with functioning in some arena of life, such as personal relationships or functioning on the job. There is no single answer to identify when someone may need to seek assistance, but assistance is available in the form of therapy and medications that will aid in adjusting the brain's chemistry.

Posttraumatic Stress Disorder is a significant extension beyond war-zone stress reactions. PTSD involves a response to a single or series of trauma experiences. Someone may be directly involved, or simply witness a trauma event that

generally involves a serious threat of injury or death. Symptoms often include unwanted dreams, nightmares, intrusive thoughts or flashbacks about the experiences. PTSD requires proper diagnosis and treatment. PTSD is serious because it greatly increases the risk of depression, suicide, substance use disorders, and often leads to destruction of personal relationships.

Traumatic Grief refers to the experience of a sudden loss of a significant or close attachment. This occurs in relation to the bonds created between service members that are attached to a unit and sharing the experiences of a war-zone deployment. When tragedies seriously injure or kill another service member, remaining soldiers often feel helplessness, anger, and "survivors' guilt." These emotions are difficult to manage alone and having the support from friends, family, and command staff is essential. Therapy can also provide support and assistance in identify-

ing irrational thinking that may be perpetuating these negative emotions. Accountability is highly valued in our society, even more so in the military and people generally do well with taking responsibility for their actions. But that's only half of the story of accountability. Sometimes it is even more important to be able to recognize those things that one is not responsible for. No doubt this is easier said than done, but talking with others may be helpful to recognize if one is feeling inappropriately responsible for such a tragedy.

Local resources are available at your health clinic and Army Community Services. There are also social work care managers located in Friedberg, Vicenza, Vilseck, Wiesbaden, and Baumholder that will assist service members and family members with deployment-related concerns, including assessment and referral services. The care management program is new in Europe and is part of the deployment cycle support

program. The unit chaplains are also very good resources for assistance. There are also many internet resources to find further information.

The National Center for Posttraumatic Stress Disorder at [www.ncptsd.org](http://www.ncptsd.org) is an excellent resource for information about war-zone stress, PTSD and other reunion/reintegration concerns. Veterans have access to services at many VA medical centers and clinics and can find information about locating services and eligibility/applications at [www.va.gov](http://www.va.gov). The Deployment Health Clinical Center website at [www.pdhealth.mil](http://www.pdhealth.mil) has information available about a variety of health issues related to deployments, including mental health concerns.

**Note:** A majority of information in this article was obtained from "The Iraq War Clinician Guide" June 2003, which is published through the Department of Veterans' Affairs and the National Center for Post-Traumatic Stress Disorder.



# Bucs climb to third in European finals

**By Ignacio "Iggy" Rubalcava**

*U.S. Army Garrison  
Baumholder Public Affairs  
Office*

After a disappointing season in 2006, the Baumholder American High School men's soccer team rallied to finish third in their pool at the recent Euro-

pean soccer tournament.

"I see it as a positive finish for us. We wanted to make the semi's but considering that we had such a bad start in the conference, I think the fact that we came so close to making the semifinals was something that we were really pleased with," said coach Jeffrey O'Neal.



**Photo by Ignacio "Iggy" Rubalcava**  
Nathan Wojcik, 14, fends off a London Central player during a goal attempt.

The Bucs started the tournament with a 3-0 loss to the Powerhouse team from American Overseas School of Rome. "I think they are three-time defending champions in division three," said O'Neal.

Baumholder came back in their second game to win 2-1 against the very physical team from London Central. The Buc's first goal against London Central came from ninth grader Nick McKenney. "Nick is a very skilled player but he's been in and out of the lineup with back injuries so he's really not playing at 100 percent but he has a second nature for the game. He intuitively knows how to read the play that's developing and he puts himself just in the right place. That was the case in point with that goal"

Senior Michael Walker booted in the second goal to give Baumholder a little breathing room. Walker is one of two team captains. Patrick Washington is the other captain.

Walker is a new kid on the block and seems an unlikely captain to people because he's not very vocal. "The reason I chose him as a captain is because everything he does is by example. He's just a machine in the midfield. No matter what's going on, if we're up or down, Michael just goes and goes and goes," said O'Neal.

Coach O'Neal admits that

London Central was difficult to beat for two reasons. "The first reason is that it was our second game of the day. So the boys were already a little bit tired. They're not used to tournament play. What they're used to is having one game a week so they have several days to recover before they have to play again," admits O'Neal.

"The second reason was that London Central, to their credit, plays a very physical style of soccer. They have one boy in particular, their number 13, their sweeper—large player—he uses his body very well so in order for them (Baumholder) to get in on goal, they really had a lot of physical challenge in the game," said O'Neal.

The Bucs had a chance to make the semifinals on the second day of play if they could just get past Bamburg or beat Sigonella. Bamburg's kick and run game, however, kept Baumholder in check. "They have a player up front named Kiandre Stucky who is incredibly fast. Generally what they do is lob the ball over the opponent's defense and Kiandre runs onto it," said O'Neal. Baumholder had to adjust for this strategy so they called on freshman Nick Dugan. "Dugan's roll was to provide added support to our defense to try to cover that particular player," said O'Neal.

Baumholder was certain of victory up until the final 10 minutes when Bamburg put in a penalty kick for the tie.

"I don't see it as being a case where we lost it on that penalty kick, but rather we had our own penalty kick that was saved and we also had one clear breakaway that our forward failed to put in but that comes with experience. It was a good game but unfortunately we did not win," said O'Neal.

The Buc's final game was against Sigonella and they lost that by one goal. "Again, I think the boys have a lot of trouble with their second game in the day, particularly if they're lined up against a team for which it's their first game of the day and that was the case with Sigonella. Sigonella was a bit fresh and they were able to work with more pace," said O'Neal.

"For me, the goal was just to have a better season than last year." My understanding from last year is they lost every game of the regular season and every game of the Europeans. So I wanted to see the players get better on an individual level and on a team level. I just wanted to see an improvement and hopefully that improvement would translate into a few wins both for the conference and also for the European tournament, and we did do that much," said O'Neal.

## Soldier Show

The 2006 U.S. Army Soldier Show will unveil "Reveille: Answering the Call" during a June 15 performance at the USAG Baumholder Wagon Wheel Theater. The curtain goes up at 6 p.m.

"The entire idea came from the new Army motto: Call to Duty," said Soldier Show director Victor Hurtado. "Answering loudly and clearly with reasons why Soldiers join the Army. For our civilian audience, it may illustrate why people join. For our military audience, it might remind them why—what their initial reasons were and why they continue to serve."

The bottom line, however, remains the same: "Entertainment for the Soldier, by the Soldier," the working motto of

Army Entertainment Division.

"We have some really strong voices and really strong performers so you might see some flash and splash," Hurtado said. "But you might be surprised by how powerful the 'less is more' is in the show, as well. Expect to find moments."

## Clinic advisors

The Baumholder Health Clinic is establishing a Patient Advisory Council. The goal of this council is to provide the clinic with new ways for which to improve its services to the community.

There is already some representation but volunteers from the following groups are still

needed:

- One officer spouse from the major or higher group.
- One senior enlisted spouse in the sergeant first class through the command sergeant major group.
- One junior enlisted spouse in the private 1 to specialist group.

Volunteers will be required to complete training on patient privacy.

Volunteers will advise the health clinic leadership on possible ways to improve the services provided at the health clinic. It is important that individuals who volunteer understand that there may be limita-

tions on changes that can be made. Some of these limitations are budget driven, some are controlled by regulations. The clinic leadership will seriously consider all recommendations made by this committee. Interested persons may call Lt. Col. Michael Money at mil 485-8528.

## Photo restrictions

Did you know that photography on U.S. military installations without authorization from the installation security office is not permitted? If you are caught taking pictures or videotaping on post without written approval, your camera along with the film or digital medium used to record the photographs

can be confiscated.

It is not uncommon for residents as well as visitors to take pictures. However, prior to taking pictures on U.S. military installations, a permission to photograph memo must be obtained from the installation security office specifying the dates, times, and locations.

This policy is required to support operational security and force protection initiatives currently emplaced and to protect critical assets such as communications sites, restricted areas, motorpools, etc. from disclosure to unauthorized personnel.

For more information, contact the Security and Intelligence Division on Smith Barracks, Building 8698 or call mil 485-7141.

## News briefs

## Recreation Trips

Outdoor Recreation is open Mondays through Sundays and holidays, 11 a.m. to 8 p.m.

The following trips and activities are offered by Outdoor Recreation in June:

- June 17**, Disneyland Paris
- June 18**, Legoland
- June 18**, Fishing trip
- June 18**, Six Flags Holland
- June 24**, Holiday Park
- June 25**, Six Flags Belgium

## Weight Loss support group

meets the second Wednesday of every month at 11:45 a.m. in the WIC office.

## Walk for Freedom

June 13, 10:15 a.m. - 11:15 a.m. Meet at Minick Field and burn some energy and join your friends for some fun in the sun. In case of rain, meet at the Mountaineer Gym.

## Mountaineer gym

Mondays, Wednesdays, Step, 9 a.m.

Tuesdays, for a limited time, Yoga, 11:30 a.m., June 13, 20, 27

Fridays, Circuit, 9 a.m.

Tuesdays, Thursdays, Toning, 9 a.m. Last class is June 15.

## Rolling Hills Athletic Club

Mondays, Wednesdays, Spinning, 5:30 p.m.

Tickets are \$4 each or 10 for \$30. Tickets are good for any instructor at any location. Tickets can be purchased at Rolling Hills Athletic Club, Hall of Champions or the Mountaineer Gym during business hours.

## Instructors needed

Qualified instructors are needed in personal training, aerobics, adult martial arts, and adult dance classes. Call mil 485-7093 or civ (06783) 6-7093.

## Wellness massage

Relax with a certified masseuse at the Rolling Hills Athletic Club. A 60-minute session is \$40. Call to schedule your appointment at mil 485-6156 or civ (06783) 6-6156.

## Mountaineer classes

Step, Mondays, Wednes-

Joe Satellite

Trinity  
Baptist  
Church

# Happenings



Photo by Bernd "Bernie" Mai

Ron Barr, Sports Byline USA radio host, and his production assistant, John Bullock, visit with Angela Cogger, Gina Marie Rivera and Michelle Rodriguez at the USAG Baumholder's Margarita Night. The Margarita Night event was an auction prize from the 2006 Buc Night. The event raised \$4,012 for the Baumholder High School's graduating seniors scholarship fund.

days, 9 a.m.

Circuit, Fridays, 9 a.m.

Toning, Tuesdays, Thursdays, 9 a.m.

## Youth Services trips

**June 21**, swimming at Monte Mare Pool in Kaiserslautern for sixth through 12th grade, noon-6 p.m., cost \$10 plus € spending money, the maximum participation is 16, sign-up deadline is June 14.

**June 24**, trip to Europa Park in Rust for sixth through 12th grade 6 a.m. to 9 p.m., cost is \$35 plus euro spending money, the maximum participation requires 45, sign-up deadline is June 16.

**June 28**, shopping trip to Trier, sixth through 12th grade, 1-5 p.m., cost is \$5 plus euro spending money, the maximum participation is 15, sign-up

deadline June is 21.

For more information, contact Youth Services at mil 485-7276.

## ACS

Make a reservation for all Army Community Service classes by calling civ (06783)-6-8188 or mil 485-8188.

**June 14**, Budgeting for Baby, 9-11 a.m.

**June 15**, Interview techniques, 11 a.m. to 1 p.m.

**June 20**, Successful Money Management, 2-4 p.m.

**June 21**, Advanced Personal Investing, 9-11 a.m.

**June 22**, Resumix and Employment orientation, 11 a.m.-1 p.m.

**June 26**, EFMP, ADHD Support Group, 5:30 p.m.

**June 27**, Career Assessment class, 11 a.m. to 1 p.m.

**June 26**, EFMP, ADHD Support Group, 5:30 p.m.

**June 27**, Career Assessment class, 11 a.m. to 1 p.m.

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